

# Small Changes to Diet Quality

In the WE 2.0 project, we will focus on making small changes to eating that are:



Practical



Aligned with  
your values



Feasible



Sustainable

## But first, let's take a look at how we **fuel our body**

For our bodies to run efficiently, we need a balanced diet that includes these 3 macronutrients:

### Carbohydrates

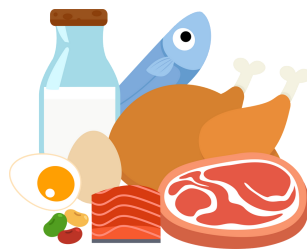
Serve as our body's main source of energy



Where I can find it:  
Starches, fruit, dairy,  
some vegetables, sugar

### Protein

Helps us to repair bones, muscles, and skin



Where I can find it:  
Meat, poultry, dairy,  
beans, seeds, nuts, tofu

### Fat

Acts as an additional source of energy & helps our body absorb essential vitamins



Where I can find it:  
Meat, dairy, nuts, butter,  
seeds, oils, lard

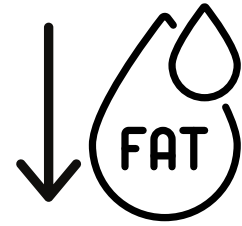
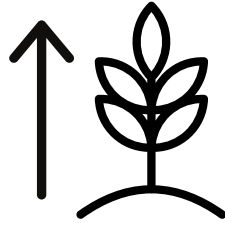
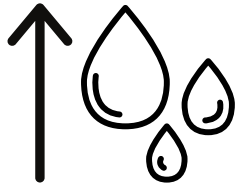
## Different types of fat

**Unsaturated fats**, also referred to as "**heart healthy fats**," can improve heart health! They can be found in oils, avocado, nuts, seeds, fish, tofu, and other soy products.

**Saturated or trans fats** are linked to heart disease when consumed in large amounts. You can identify these because they are solid at room temperature, like butter, lard, and cheese.

In WE 2.0, we will focus on making small changes during each meal and snack to introduce more “**nutrient dense**” foods into our diet.

## WHAT are nutrient dense foods?



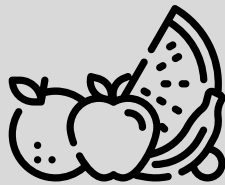
Nutrient dense foods are those that, per gram of food, have more nutrients. These are foods that are higher in water and fiber, and lower in saturated fat

### Examples:



#### Vegetables

Fresh vegetables  
Frozen vegetables  
Canned vegetables



#### Fruit

Whole, fresh fruit  
Frozen fruit  
Canned fruit without  
syrup or added sugar



#### Grains

Whole-wheat bread  
Whole-wheat pasta  
Oatmeal  
Brown rice  
Whole-grain cereal  
Quinoa or bulger



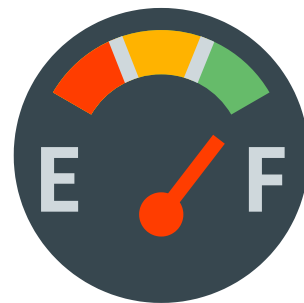
#### Protein & Dairy

Beans, peas, lentils  
Fish  
Lean cuts of red meat  
Poultry  
Low-fat dairy

## WHY nutrient dense foods ?



Because these foods are packed with nutrients, they help fuel your body and improve your heart health



Research shows that eating more of these foods may help you feel full / not hungry

# HOW can I incorporate more nutrient dense foods into my diet ?



## AT THE GROCERY

- ✓ Opt for skinless meats, leaner cuts of red meat, turkey, chicken, or fish
- ✓ Choose items that can be an easy, on-the-go snack
  - Example: Bananas, oranges, and apples
  - Example: Baby carrots, broccoli florets, cherry tomatoes
- ✓ Stock up on frozen fruits and vegetables for an easy and affordable way to add nutrients to meals
- ✓ Select whole grain products (like brown rice or quinoa) over refined grains (like white rice)



## AT HOME

- ✓ Drain or trim any excess fat while cooking
- ✓ Look for opportunities to add fruits and vegetables to your meals
  - Example: Frozen fruit can be a tasty addition to oatmeal
  - Example: Frozen vegetables can be a quick addition to pasta or stir-fry dishes
- ✓ Consider which ingredients in a recipe can be reduced or replaced without compromising the taste or final product
  - Example: Try cutting the sugar by 1/4 to 1/2 cup
  - Example: Consider replacing a saturated fat (like butter) with a heart healthy fat (like olive oil)



## AT A RESTAURANT

- ✓ Select foods described as grilled, baked, or steamed over foods that are fried
- ✓ Opt for a side salad with oil and vinegar or steamed veggies

**WHICH**  
**strategies will**  
**work for me?**

Try to select strategies that...

**ALLOW YOU TO HONOR TRADITION,  
BELOVED RECIPES, AND CULTURE**

**ALIGN WITH YOUR DAILY LIFE  
AND ROUTINE**

**ENABLE YOU TO  
MAINTAIN FLAVOR**

**HELP YOU TO ENJOY WHAT  
YOU'RE EATING**

# Put your **PLAN** into **ACTION**

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- ★ Create a **SMART goal** around making small changes to what you eat  
.....
- ★ Identify what **steps** need to be taken to reach your goal  
.....
- ★ Consider **what will make it easier** for you to reach your goal and overcome challenges along the way  
.....
- ★ Make a **plan** and put it into action!  
.....
- ★ **Monitor** your progress

## Self-Monitoring

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Small Changes simplifies self-monitoring of dietary changes by focusing on two questions at each meal or snack. You can practice your self-monitoring and work to build the habit by incorporating these questions into your daily routine!

### Did I make a small change to my eating?



Yes

No

### What kind of small change did I make?



Diet quality (What I eat)

Portion size (How much I eat)